



OFFLINE TO **ONLINE**



AISSMS CHMCT's

**COLLEGE
CASSEROLE**

ANNUAL MAGAZINE

2021-22

VOL.IX

(Founders of All India Shri Shivaji Memorial Society)
Estd. in 1917



Rajarshi Chhatrapati Shahu Maharaj
Maharaja of Kolhapur

OFFICE BEARERS OF
ALL INDIA SHRI SHIVAJI MEMORIAL SOCIETY, PUNE - 5



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Chairman, Managing Committee



ENCOURAGEMENT FROM OUR PRESIDENT

It gives me immense pleasure to witness the 9th edition of the " College casserole", their annual college magazine of AISSMS College of Hotel Management & Catering Technology, Pune.

"Education is the most powerful weapon which you can use to change the world." -Nelson Mandela

AISSMS CHMCT has been a name to reckon with in the education industry since the establishment. We have been shouldering the responsibility of recognizing talent in youngsters, nurturing it and sculpting it to perfection, so they can go out in the world to carve a niche for themselves in this competitive world.

The previous year was tough as we were battling through the COVID- 19 pandemic. In spite of the challenges faced by our staff and students, we have managed to give our students the best of education with whatever limited sources we had. Our talented faculty members created an environment conducive to the new-normal for learning where students were also encouraged to quench their curiosities.

I convey my best wishes to the team, again.

Shri Shahu Chhatrapati Maharaj, Kolhapur
President
All India Shri Shivaji Memorial Society



ENCOURAGEMENT FROM OUR HONORARY SECRETARY

I am extremely happy to witness the 9th Edition of AISSMS Society's College of HMCT Annual Magazine, 'College Casserole'.

The 'College Casserole' left me with a first impression that a variety of activities and events are being hosted in the College. I am pleased to see the conscious and concerted efforts made by the faculty members to develop their students which goes far beyond the regular classroom sessions despite the pandemic.

Students too seize every opportunity wholeheartedly and in turn they have their finest learning moments well worth cherishing. The "College Casserole" is like a treasure trove of memories evoked by the students and gives a fascinating glimpse of the year gone by. I express my best wishes to the College Casserole Editorial Committee and the AISSM Society's CHMCT Team.

As we move to life post pandemic, I am happy to see Atithya 2022 being hosted offline after 2 years. All the best!!

Shri Malojiraje Chhatrapati
Honorary Secretary
All India Shri Shivaji Memorial Societ



ENCOURAGEMENT FROM THE PRINCIPAL

It gives me an immense pleasure to present the 9th Annual College Magazine “College Casserole”. The editorial team has taken efforts to present this casserole even during such a tough time with the current Pandemic situation.

As we resume normalcy after the COVID 19 waves across the country there has been a considerate shift in the Indian Education. After having conducted Online classes for almost 2 years, we are happy to welcome back our students in the college. We plan on getting back with our industry experts once again for a healthy interaction with our students. We all have seen the rise and the fall of our industry. With the situation getting better we can see the industry growing stronger with more and more opportunities coming in for our students.

Despite the difficulties faced in the last 2 years by our students and staff we have not compromised on our efforts and have always given our best to our students. We smoothly shifted onto the online platform and our staff has made more than 600 videos of practical’s and lectures for our students to refer to. Last year we could not publish our yearly magazine. This magazine showcases poems, articles, puzzles and an all new section called as “Lockdown Diaries” where our entrepreneur students have showcased the ventures started by them during the lockdown.

I am elated that we will resume our inter-college competition “Atithya” this year after a break of 1 year. We look forward to hosting students from different colleges for the competitions. I wish students all the very best for Atithya!!

Happy Reading!

Dr. Sonali Jadhav
Principal



AISSMS

ALL INDIA SHRI SHIVAJI MEMORIAL SOCIETY
PREMIER HERITAGE GROUP OF INSTITUTES



Our Heritage AISSM Society

To promote the noble cause of education, the All India ShriShivaji Memorial Society (AISSMS) was established in 1917 by Rajarshi Chhatrapati Shahu Maharaj of Kolhapur. The foundation stone of the All India ShriShivaji Memorial was laid at the hands of His Royal Highness, the Prince of Wales in year 1921.

Keeping in mind its mission of “service to society through quality education”, the society has successfully established educational institutes ranging from pre-primary to the post-graduation level. Over the last few years, the Society has entered into the field of technical & management education as well. The society today is growing by leaps and bounds under the supervision of Chhatrapati Malojiraje, Hon. Secretary AISSMS.

Most of the institutions run by the AISSM Society are recognized by the Government of Maharashtra. Some of them receive grants too. Most of the technical institutes are affiliated to the Savitribai Phule Pune University, Pune and approved by the All India Council for Technical Education (AICTE), New Delhi.

Our Family

AISSM Society's Institute of Technology, Pune-1
AISSM Society's Private Industrial Training Institute, Boribhadak, Tal. Daund, Dist. Pune
AISSM Society's College of Engineering , Pune-1
AISSM Society's College of Engineering (PG), Pune-1
AISSM Society's Polytechnic, Pune-1
AISSM Society's II Shift Polytechnic, Pune-1
AISSM Society's Polytechnic (IGNOU), Pune -1
AISSM Society's College of Pharmacy, Pune-1
AISSM Society's College of M. Pharmacy, Pune-1
AISSM Society's College of Pharmacy(Ph.D. Research Centre), Pune-1
AISSM Society's College of H.M.C.T (BHMCT), Pune -5
AISSM Society's College of H.M.C.T (BSc.H.S.), Pune-5
AISSM Society's Institute of Information Technology, Pune -1
AISSM Society's Institute of Management (MBA), Pune-1
AISSM Society's ShriShivaji Preparatory Military School, Pune-5 (Secondary)
AISSM Society's ShriShivaji Preparatory Military School, Pune-5 (HSC Science & Commerce)
AISSM Society's ShriShivaji Preparatory Military School, Pune-5 (MCVC)
AISSM Society's ShriShivaji Preparatory Military Primary Boarding School, Pune-5
AISSM Society's ShriShivaji Preparatory Military Day School & Junior College, Pune-1 (Secondary)
AISSM Society's ShriShivaji Preparatory Military Day School & Junior College, Pune-1 (HSC)
AISSM Society's ShriShivaji Preparatory Military Day School & Junior College, Pune-1 (MCVC)
AISSM Society's ShriShivaji Preparatory Military Primary Day School , Pune-1
AISSM Society's ShriShivaji Preparatory Military Nursery School, Pune-1

AISSMS College of Hotel Management & Catering Technology



Hospitality & Tourism sector is one of the most dynamic and growing areas in today's scenario. This phenomenal growth is bound to create plenty of job opportunities which require a highly skilled, educated and adequately trained man power at all levels. Thus, education in Hotel Management is assuming a spectrum of employment in various fields directly or indirectly linked to it.

The AISSMS College of Hotel Management & Catering Technology was established in 1997 to impart education & technical knowledge to the aspiring hospitality professionals. With the state of the art infrastructure and competent faculty, the college strives to excel in the field of hospitality education.

OUR ACHIEVEMENTS

Ever since the establishment of the college, our students have consistently featured in the University of Pune merit list. The average passing percentage of the students has been consistently above 95%. The students are also proving their mettle in various hospitality competitions and bringing home laurels for the College.

AISSMS College of HMCT been ranked amongst the top management institute in the country by 2 top surveys on education, The Week Magazine and India Today. Consistently for the last few years.

NAAC Accreditation: National Assessment & Accreditation Council (NAAC) is an autonomous body established by the University Grants Commission (UGC) of India to assess and accredit institutions of higher education in the country. AISSMS College of HMCT is one of the first Hotel Management Institute under University of Pune to achieve NAAC accreditation with an "A" grade.

NBA Accreditation: National Board of Accreditation is an autonomous body responsible for accreditation of higher education institutions in India. NBA accredits technical programs and is a full member of the Washington Accord. AISSMS College of HMCT is the only Hotel Management Institute under University of Pune to be accredited by NBA for five years (2017-2018 to 2021-2022).

ALL INDIA SHRI SHIVAJI MEMORIAL SOCIETY'S
COLLEGE OF HOTEL MANAGEMENT & CATERING TECHNOLOGY
55-56, Shivajinagar, Pune-411005
College Development Committee

Post of Person	Name of the Person
Chairperson of the Management or his nominee ex-officio Chairperson	Shri Digvijay Ramanrao Raje Bhosale (Member) All India Shri Shivaji Memorial Society 55-56, Shivajinagar, Pune - 411005
Secretary of the management or bus nominee	Shri Malojiraje Chhatrapati (Honorary Secretary) All India Shri Shivaji Memorial Society 55-56, Shivajinagar, Pune - 411005
One head of department, to be nominated by the principal or the head of institution	Mr. Sunder Srinivasan Assistant Professor in Food Production Department
Three teachers in the college or recognized institution, elected by the full-time amongst themselves out of whom at least one shall be woman	<ol style="list-style-type: none"> 1. Dr. Rasika Ravindra Gumaste Associate Professor in Accommodation operation 2. Dr. Sameer Diwanji Associate Professor in Training & Placement Cell 3. Dr. Prachi Swapnil Wani Assistant Professor in Food & Beverage Service
One non-teaching employee, elected by regular Non-teaching staff from amongst themselves	Shri Ajay Shivaji Dangat Senior Clerk
Four local Members, nominated by the management in consultation with the principal, from the fields of education, industry, research and social service of whom at least one shall be alumnus	<p>A) EDUCATION Dr. Praful Pawar Dean, Faculty of Management Savitribai Phule Pune University Ganeshkhind, Pune - 411007</p> <p>B) INDUSTRY -(ALUMNI) Shri Ambar Ravindra Rode Proprietor Le Petit Amour Rahul Nagar, Kothrud, Pune - 411038</p> <p>C) RESEARCH Dr. Seema Zagade Research Guide Savitribai Phule Pune University Ganeshkhind, Pune - 411007</p> <p>D) SOCIAL SERVICE Mrs Vineeta Date Trustee Sushreeyas, Sudarshan Nagar Chikhali, Pune - 421062</p>
Co-ordinator, Internal Quality Assurance Committee of the College	Dr. Arun Sherkar (Associate Professor in Food Production) Head of Department of Academics.
Principal of the college or the head of Institution - Member - Secretary	Dr. Sonali Jadhav Principal

Result Analysis 2020-21

Sr. No	Course	Class	Total students	Pass	Pass%
1	BHMCT	FYBHMCT	98	84	85.71 %
2	BHMCT	SYBHMCT	110	83	75.45 %
3	BHMCT	TYBHMCT	62	57	91.94 %
4	BHMCT	Final Year BHMCT	57	57	100 %
5	BSc HS	FY BSc HS	122	10	91.80 %
6	BSc HS	SY BSc HS	118	116	98.30 %
7	BSc HS	TY BSc HS	116	113	97.41 %

Intake of Students 2021-22

Sr. No	Course	Class	Intake	Actual Admitted
1	BHMCT	FYBHMCT	120	123
2	BHMCT	SYBHMCT	120	98
3	BHMCT	TYBHMCT	120	112
4	BHMCT	Final Year BHMCT	60	62
5	BSc HS	FY BSc HS	120	120
6	BSc HS	SY BSc HS	120	122
7	BSc HS	TY BSc HS	120	118

From the Editors...

Dear Readers,

We are delighted to present you the Annual Magazine “College Casserole” for the year 2022.

This last year has been tough for the whole world but it was also a year of change and 2022 is a dawn of new era where all of us have experienced new things. So in honor to this new era we are proud to introduce a new section called “Lockdown Diaries” in this year’s magazine. This new section includes article’s from student’s and teacher’s experiences during the lockdown and several new articles about startups started by our ingenious students.

This year we have switched from offline to online lectures so there’s also a snippet of teacher’s experience of online teaching. There are also interviews from industry experts and like every year our creative students have contributed poems and recipes. There is also a report of our NSS team’s effort on helping people during the lockdown.

We extend our gratitude to our Principal Dr. Sonali Jadhav, for always guiding and supporting us throughout the planning and publication of this magazine.

Happy reading!!



Batch Photos



TYBSc HS I

TYBSc HS II



Final Year BHMCT



Teaching Staff



Non Teaching Staff



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GLOBAL AGENDA 2030

The Sustainable development goals also known as “SDGs” are considered to be as the overlapping goals implemented by the United nations. Out of the 17 Goals one of them include the deprivation of inequality, Economic growth, more infrastructure projects and the development of sustainability in cities and communities. The purpose of the global agenda 2030 is to also give you an insight about Tourism, its recovery and its transition throughout the pandemic and the future that holds for this particular field by nudging students how this will yet be a potential career prospect as we go on.

The same framework was comprised under the 2030 agenda, however as per the presence of “COVID-19”, many contingency and precaution parameters were added to move forward the same so what will be likely to change after the same?

Many anticipated measures will be reinitiated leaving the proliferation of contact tracing, general health surveillance, and the reduction of the same to move forward with the agenda and the recurring goals, in fact, more than ever from the paradoxical right acquiring measures for all humans, but what are the most affected and vulnerable SDG’s nowadays?

SDG 3: Ensuring healthy lives and well-being of all humans.

No matter how challenging all SDGs are and combating the prosperous health of all human beings, generally we are now way back behind than ever before to keep everyone back on track after an enormous lockdown. This includes people adapting to a new lifestyle that has made them feel ambivalent, altered and worst in terms of deriving to live in a healthier way by being restrained and confined in the comfort of their houses and shelters.

What are the new and recurring methods implemented by SDG 3 towards a further solution? The generation of new programs that include General and childhood vaccination will be reinitiated even more which links with poverty for future nourishment for those who need it in respective underdeveloped and vulnerable countries.

According to the report, COVID-19 threatens to reverse the progress of SDG 3, which aims to ensure healthy lives and wellbeing for all. During the crisis, 70 countries have halted childhood vaccination, and in many places, health services for cancer screening, family planning, or non-COVID-19 infectious diseases have been interrupted or are being neglected. Health service disruptions could reverse decades of improvement, warns the report. Allowing people to slip through these service gaps could affect population health for years to come.

SDG 10: Poverty and the reduction of income Inequality

This has always been a crisis and will always be however as per the pandemic there is a high skepticism that COVID 19 will make things turn to the other side as because of the beginning of lockdown, inequality has potentially worsen making workers that were already vulnerable weaker to afford the tips of their average minimum wage. This SDG has as purpose to mitigate

deprivation, a real-life example that reflects its transition is in 73 countries, where during the period 2012–2017, the bottom 40 per cent of the population saw its incomes grow. Still, in all countries with data, the bottom 40 per cent of the population received less than 25 per cent of the overall income or consumption. Will the future hold and account for the same? Well, the target is to increase equal opportunities and a diverse of targets that derive the reduction of all type of inequalities like discriminatory laws and inverting the appropriate legislation that matter for the same, however the responses that are given due to “COVID-19” aren’t the same, in fact rising inequalities are not inevitable, especially during the recurring circumstances where the global economy has gone to be the worst economic crisis since world war 2 as countries are likely to be expecting a negative income per capita stipulated from the huge loss of output encountered by 170 countries which comprises the loss of 495 million of full time jobs. Inequality may easily be eased up and better off if all possess the right commodities and affordable healthcare equipment, nourishment and the recurring vaccination which entails to be given by default as a human right.

SDG 4: Quality Education

Since its derived to the distinctive SDG’s that are all in will to accomplish the availability of education systems for different people, it’s still a controversial issue that is yet to be achieved and changed even more. United Nations is not the only the only source platform that will call up for the same change as there are different programs available that will practice the same even in these unfortunate circumstances, people will continue even more as throughout the pandemic the availability of the same has collapsed and the quality of conducting classes has also even failed because of the many people that couldn’t even afford a book have now become more vulnerable to afford a device that will help them to manage home schooling accordingly.

The SDG’s have been available and made since 2015 and the United nations are currently planning to implement a new sustainable development goal which is “Digital Education”, more as a lifestyle, however is yet an issue to tackle as it still implies inequality for the mentioned. The united nations to take surveys remotely to schools and educational institutions about the access of materials and resources for those with scarce staples that yet continue to struggle and learn amidst the pandemic.

The aim of SDG 4 to achieve inclusive and equitable access to education also looks likely to be missed, with a projection that more than 200 million children will still be out of education by 2030. Most of the world's children have been deprived of formal education during the COVID-19 outbreak, a legacy that could threaten the SDGs' underlying ambition to leave no one behind. The world has made progress on SDG 5's gender equality goals, with fewer girls being forced into early marriage and more women entering leadership roles. However, women's wellbeing has suffered during the COVID-19 outbreak, with incidences of domestic violence increasing by 30% in some countries and a greater demand on women for unpaid care work.

SDG 9: Industry, innovation and Infrastructure

Despite of being a global controversy, India has already been considered as a climate leader in terms of industries, general innovation and the potentiality of its infrastructure. The reflection on the number of businesses operating environmentally friendly matches with the “Paris agreement” that involves and details in tackling the climate action added at one point in September of 2019, the community still awaits for India to make amendments by cutting and reaching zero emissions by 2050, although as compared to the size of India with other developing countries, the 1.4 billion has made a big improvement in following the compliances.

India will yet require the investment of its entrusted corporations the same way other countries that are embedded to start electrical cars before 2025/30 also known as a beginning for decarbonization which still is even more possible as the world is grappled around a pandemic. There are yet speculations of how the same will lean forward for a worldwide and generical development [Read Below]

Tackling global poverty and water and food scarcity is intrinsically linked to mitigating climate and land-use change. However, as the SDGs report shows, the world is off track to meet the goals toward environmental sustainability encompassed by SDGs 7–9 and 11–15. Most countries are not meeting their commitments to limit greenhouse gas emissions. We are in danger of missing targets to improve urban environments by reducing the number of people living in slums, increasing access to public transport, and reducing air pollution. Aims towards sustainable and inclusive economic growth, energy provision, and infrastructure development had all been falling short before COVID-19 and face considerable setbacks in the shadow of an economic recession.

-Sumit Ramchandani
SYBSc



My Life & Intake On COVID-19

While I was in Bangalore away from my friends and family, I did really miss them so badly and just wanted to come home. On the day of training, I got the certification for my training, I heard about the COVID-19 situation in Wuhan which I thought was going to be in China alone. On the day of my return to Pune, I heard about the cases happening in India too and thought to myself that hopefully it would be contained and took my flight to Pune to finally see my friends and family after four months. Little did I know that it would be my last time I get to travel. While later exams were happening and I was excited thinking about third year and in what we were going to do then. I was done with all my exams and decided to go to Mumbai and visit my grandparents but little did I know what was going to happen. It was "Janta Curfew" the starting of our doom. I was frustrated that I didn't get to go to Mumbai but still thought maybe I will go later, again I was wrong. It was till 31st march our first official lockdown, I was sad at that point.

As lockdown keeps on extending at one point I was ready to give up on hope I didn't get to celebrate my birthday properly. Well I did spend it with my family and doggie Cooper with love. It was nice to get wishes from all my friends and family which felt very awesome. I made some bad choices during lockdown and that was TikTok I was bored out of my mind and so I did TikTok videos I learnt how to edit videos and when I was really getting good at TikTok India had banned TikTok. My whole summer vacation went like it was seconds and so I thought college will reopen again which again I was wrong. College reopened but not in college but at home aka online classes at first I thought it was bad idea. Online college started and it went fine which I did not expect. It happened for a while I thought 2020 cannot be all that bad. And finally God heard my prayers.

No COVID-19 is not over but we shifted to our

new place I thought we would shift in 2022. For the first time in my life I never felt this happy. We shifted to our new place on my mom's birthday. It was my mom's birthday gift from my dad. Just to clear doubts we bought the house during the end of my FY. Due to paper work and finally got it before I graduated. The area is nice open area away from city noise which is so peaceful. And also we bought a new car so me and sister were learning and got our LL. The worst thing was all my friends stayed far away from me so it was difficult to meet during weekend but with the new place it made things easier as few of my friends stay close now. In September we were allowed to go out with caution and so I took the opportunity and decided to meet my friends. The joy of meeting friends again was too good. From that month whenever I get a chance I go and meet everyone again. They have also come to my home and felt at home. Later on few of us went to visit our college and it was not the same. There was complete silence which was weird.

Online classes were over but now online practical I thought it was a joke but they were dead serious on this and turned to be great I took part in Production Practical and made Garlic Gnocchi which tasted awesome as per remarks from few taster of course. So things are going up and down hill in our life and I have few things kept in mind.

1. Hopefully College reopens
2. Graduating Normally
3. Getting my Driver's License for 4 wheeler

But the main thing is will I ever go to Mumbai? Time will soon tell. So overall I have no idea what is going to happen now hopefully the pandemic will soon be over and everything will be normal again.

Ashish Johnson
Alumni 2018-21

WHERE THERE'S A WILL, THERE'S A WAY!

The journey started when I was 8-9 years old, I was the weakest and shortest one in the room. And whenever the season changed, I used to get sick very often. And I was really tired of getting sick and then going to doctor again and again.

Not the one who was genetically gifted you can say. But I was bored out of my mind, day after day after day. But then I decided to grow stronger, to be a better version of myself. And I just started running, sometimes on roads, sometimes on hills. It was effective but still I was having a slouching body posture and my height wasn't growing, then I took to swimming, 3 years, not a single day off, competitive batch I used to practice for 2-3 hours daily. Result :- under 12 , 50mtr freestyle, zonal medalist.

Now I was looking like an average kid who gets to eat food at home(heard it a lot in my childhood). Then I joined a football club(Deccan 11), from 9th standard to 12th standard my only focus was football. I was still swimming but not at competitive level. My physique was lean and athletic. Still looking weak from outside.

And then came the vacation period, I was not busy, I asked for gym membership from my parents as a birthday gift. The reason was the same I just wanted to grow stronger , to be better than I was yesterday, 1st week at the gym was hell, I couldn't even move

my hands but 3 months of swimming-gyming- football training every single day was worth it, now I was looking bigger and stronger but still a lot to learn, a lot to move further.

Then college started. Now I had to choose what to give up, It was not that I couldn't do it but I realised that a powerful ship with no direction to go will keep drifting around. So it was gym and calisthenics, because of time flexibility and no restrictions, it was only me.

And now here I am, lifting double of my bodyweight, doing fancy things on pull up bar, running miles at a time and not getting sick ever again. It just feels good to be strong and better than yesterday. It is just consistency which matters, just be there, you'll find a way!!

Ashitosh Shinde
Alumni 2017-21

Sugar~Butter~Spice

Hello, I am Omkar Mohan Tarde, a student of Final Year CT from AISSMS college of Hotel Management & Catering Technology.

The lockdown period due to the COVID-19 pandemic has been unkind to all of us, especially to our hotel and tourism industry. When there are challenges, there are opportunities and this time we got a chance to uplift ourselves, to spend quality time with our loved ones. Most of us even started cooking for the first time! Almost everyone was baking cakes or making something in the kitchen.

I aspired to start a venture of my own where I could serve delicious, aesthetically appealing and unique cuisines. After some brainstorming with my partner Avanti, who is also a co-owner of this venture, we came up with the name "Sugar-Butter-Spice". We are both avid foodies and aspiring chefs. Safe to say, food is our biggest passion. Hence, we went ahead with the tagline "We serve passion" for our venture to tell our audience that we put our heart and soul in whatever we make.

We started our endeavor on the auspicious day of Ganesh Chaturthi. Before launching it, we went through a series of tasks including several food trails, standardization of recipes, fixing prices of our products and collecting good pictures of our signature dishes. The last part was especially important in today's day and age when social media is so important for the food business. The taste was pivotal and the numerous trials ensured that we got it right. We use only the best quality raw material to make our products taste better. We believe that we provide excellent value-for-money since the quality of raw materials that we use and the portion size of our dishes are better than any bakery. We assure you that you will get an authentic and

filling culinary experience for your money.

"Bagel" bread has started entering into the bakery conversations of Pune and hence we have introduced "Bagel Sandwiches" in our menu. We are happy to report that it is our best-selling product yet and is relished by our clients.

Imagine biting into a cupcake and then realizing that it is also a brownie! Isn't that exciting? We have Cakey Brownies with flavoured frosting which taste like heaven!

If you are a die-hard fan of focaccia bread, you'd be delighted to know that we try to serve it in a different way. We serve them as "Focaccia Cups" with flavoured garlic butter.

Don't we all love Pasta? We have a variety of authentic pastas like "Aglie-e-olio", "Pesto", "Creamy Mushroom sauce" and many others. We are always happy to customise them for you.

We take immense pride in serving lip-smacking dishes and we love to hear from you.

Thank you!

Do follow us on Instagram: Sugar. Butter.Spice and you can contact us as well

OmkarTarde : 9011129106

Avanti Garware : 9850964395



The journey within...



Standing by the window, staring at the setting sun, 18 years old Kapil thought that it was setting on his life as well. With no intention of living anymore after a heartbreak. His mind was devising strategies to end his life.

Reema, a resident doctor at a reputed hospital could not handle the daily bullying by her seniors at workplace, stress building up with each passing day and now she wanted to quit her job.

43 yes old Nilendri is struggling hard to strike work life balance with an erratic work shift, has now developed diabetes, hypertension and is obese.

All these are very common examples that we encounter in our daily lives. What is more important is to understand here is that as the demands from the outside environment are increasing by way of increased work pressure, a traumatic event, expectations or peer pressure, etc. It is leading to decrease in the coping mechanisms of some people. As a result, the body and mind start giving up....

Our mental health encompasses our psychological, emotional and social well-being. This means it impacts how we feel, think and behave each day. Our mental health also contributes to our decision-making process, how we cope with stress and how we relate to others in our lives.

Mental wellness means, that our minds are functioning in our best interests and we are capable of thinking, acting and feeling in ways which positively affect ourselves and the society we live in, all while dealing with the daily stressors of life. Wellness isn't just about the absence of any illness or disease, it is in understanding how, when and why to seek help and be willing to fight the stigma surrounding it. Developing healthy coping mechanisms for example can be a great way to maintain our mental health in times of immense stress. Working towards your mental wellness is a form of self-care, which ultimately is benefitting you, the people you surround yourself with and your community. Achieving mental wellness helps us to realize our own abilities, some of which may actually be hidden potentials we possess. So, for our mind to activate that capabilities it firstly needs to free itself from the repressed thoughts/feelings we

might be fighting with. Here are a few examples through which we could take a step forward towards mental wellness:

A very simple exercise could be to start paying more attention and acknowledging your own needs and feelings. This could be done by expressing oneself through journaling, some art, or whatever makes you feel happy. These can all help understand oneself better. Another mindful practise could be to accept oneself and the things we cannot change about ourselves. Identify our strengths and weaknesses and try to build on them. Most importantly, start by maintaining a healthy lifestyle which includes exercise, a balanced diet, 8 hrs of sleep and working towards our dreams and goals. Multiple social, psychological, and biological factors determine the level of mental health of a person at any point of time. For example, violence and persistent socio-economic pressures are recognized risks to mental health. The clearest evidence is associated with sexual violence. Poor mental health is also associated with rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, physical ill-health and human rights violations.

Over time, your mental health can change. For example, you may be dealing with a difficult situation, such as trying to manage a chronic illness, taking care of an ill relative, or facing money problems. The situation may wear you out and overwhelm your ability to cope with it. This can worsen your mental health. On the other hand, getting therapy may improve your mental health. When it comes to your emotions, it can be hard to know what is normal and what is not. There are warning signs that you may have a mental health problem, including

- A change in your eating or sleeping habits
- Withdrawing from the people and activities you enjoy
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, angry, upset, worried, or scared
- Having severe mood swings that cause problems in your relationships
- Having thoughts and memories that you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Not being able to perform daily tasks like taking care of your kids or getting to work or school.

If you think that you may have a mental health problem, get help. Talk therapy and/or medicines can treat it well.

The only journey is the journey within.....

Ms. Sarika Joshi
Assistant Professor
AISSMS CHMCT

Homemade Bakes

What After 10th? is the biggest question every Student has? Well same happened with me.

We always hear elder people saying that if u choose the career field of your interest your chances of being succeed is more. And hence I followed same and chose hospitality as my career. I was lucky enough to get admitted for MCVC in MSIHMCT Pune. My family always supported me. Those 2 years of junior college made my decision easier. I choose hotel management as my career.

I have been watching my Grandma then Mom, Dad cooking since my childhood. I always use to help them when I was kid. May be that's how Cooking & Baking became my Friends. Kitchen became my favorite place. I use to try out new recipes at home. Sometimes I failed but always learnt something new every time. And during the course of time my dream was to become a Chef.

MCVC was a really Enriching Experience for me. I learned all the basics of cooking and baking

After I got admitted into AISSMS College of HMCT, I was so excited to visit the college and the practical's. but unfortunately this pandemic happened and everyone was locked in their own homes. I remember everyone was just so confused about what is going to happen and how are we going to survive. In all this situation I use to check all the shops and food outlets but they were closed.

One of my neighbors asked me will you be able to bake a cake? I wasn't sure about it but my dad supported me and helped me with finding all the raw material required. I was able to complete that order successfully, my neighbor loved the cake and shared the images on social media and that's how the journey of **HOMEMADEBAKES** Started. The concept was really easy that I wanted make everyone's celebration with the cake. Which was not especially available during lockdown period. People started ordering, posting pictures and feedbacks on social media and thats how I came to know the wonders of social media. I used Various social media platforms for Marketing and Publicity of various products. It really helped me a lot.

As I started launching new products and ideas people around me responded positively and that gave me an inspiration to keep working for them. I think food is the best way to make someone happy and am so glad to share that now its been 6 Months **HOMEMADEBAKES** is Serving Handmade Cakes and different Bakery products I can surely say that this Pandemic really gave me an opportunity to experience people. Work on my skills and create something that is part of someone's celebration.

Well I think being a homebaker it was not really easy to Find raw material required in such times it made me spent more money than usual but then I realised that we as a homebaker thinks a lot about our raw material, its quality and that's the reason why people prefer ordering from us than bakeries outside. We work on clients ideas, their vision we try our best to make their Celebration happiest with our cakes.

Ojas Godse
Aumni 2017-21

THE MOUNTAIN BLISS- KEDARKANTHA

Have you ever smelt the essence of heaven? I have seen it lies in the of mountain ice at the peak. It was a spontaneous decision to go for a trek during all the online life. It was almost a year I hadn't boarded a flight or I didn't go for any vacation. The only thing that amused me was to go to the nearest grocery store, thanks to COVID 19!

We were super excited! It all started with the with the booking of flights and hotels. All the travelling restrictions due to the pandemic made it challenging for us to get the flight tickets. After all the drama, the dates of our trek arrived and we were on cloud 9. Shopping of trekking gears, clothes, shoes etc. was the thing which I was craving for.

The D-Day arrived, at the Pune airport, we boarded out flight at 7:30 am. We reached Delhi airport chilling near the charging station to charge our gen z smartphones. 4 hours of lay over didn't bore us because we had butterflies in our stomach and we were looking forward to the trip. We reached Dehradun, checked in the hotel and were exhausted from all the travelling. Next day, we woke up at 5 am and left for Sakari. The journey from Dehradun to Sakari was mesmerizing. It felt like we were at the gateway of heaven. The scenic view was just hypnotic, you can't take your eyes off once you see it. "A perfect example of heaven on Earth."

It took us 12 hours to reach the base camp at Sakari. The day of the trek arrived. The 2nd base was Judaka Talab and took us almost 5 hours to reach the destination. After having an amazing lunch, we snored for an hour or so. The ice was sparkling like a diamond during the sunset. We played, slid in the snow, made snow angels and had a great fall. At night, we had bon fire and had an introduction session with the camp mates. It was a great way to end the night with the shivers I encountered of the snow and the warmth of the bonfire. In the morning, the most difficult thing I've ever experienced was brushing my teeth. Although it was freezing cold, we with such cold water managed to do it. We started our trek sharp at 9 and reached our summit base camp. At 2 am next day, we walked towards the summit before the sunrise. Since the trail was supremely steep, it was very difficult to climb as everyone were gasping for air and couldn't breathe and chilled weather made it even more difficult. Reaching the summit, the scenic view was surreal. The sun was bright orange and huge. The best part of this trek was rolling down the trail while coming back from the summit. This experience was mesmerizing and felt like it was a dream come true. Even today if I close my eyes, I can see the beauty of Kedarkantha.

Shivraj Pawar
Alumni 2018-21





Da Trattoria

It's a Italian and North Indian fusion based Cafe and cake studio. It is a Cafe which serves dishes like Fusion pizza, different types of pasta, desserts and cakes. We both started this Cafe to give the Italian dishes different palate taste with fusion of North Indian flavors like Makhani, Kadhai, Mughlai gravy and tandoor.

Challenges faced were that while the setup of Cafe budget went over the expectations. Space management was an another major problem as the Shop which we are currently working in is a small one.

Lockdown was the major change in everyone's life. So was in ours! Idea or so called inspiration came in this period. Without lockdown we couldn't have started this. This year maybe one of saddest year in everyone's life but for us it was also a special one!

After opening this small outlet we got to know many things like budget planning, handling customer demands, planning/set up of a food outlet, etc. Each day we get to know new experiences, challenges, etc.

Thank you,

Aditya & Sahil
Alumni 2017-21



INTERVIEW

AISSMS Alumni Mrs. Shruti Ruzario & Owner of "Jewel of India" located in Canberra, Australia



1. Could you take us through your professional journey after graduating from AISSMS.

I started my career at Lalit International, Mumbai at their Indian restaurant Baluchi. I moved back to Pune and have worked in the corporate world since. In 2011, my husband and I started our first restaurant Coastal Spice in Pune. We moved to Canberra in 2013. In 2016 we bought an Indian Restaurant "Jewel of India" and have been back actively in the industry. Recently, we bought our 2nd restaurant "Breizh Cafe" a French cottage style café.

2. What inspired you to become an entrepreneur?

Our first restaurant Coastal Spice was born from a combination of passion and skill. My husband Shonan is a passionate foodie and I had the skills. It was a really small venture but taught us a huge lessons.

3. How do you keep yourself motivated when things don't fall in place?

When things don't fall in place I just look back at our journey where we started. If we did it once we can do it again. That keeps me going.

4. What were the challenges you faced when you started Jewel of India?

There were a lot of challenges in understanding the business scenario in Australia.

5. How did Covid 19 affect your business?

Thankfully Canberra has been in a safe bubble so we did not have much lock down and managed through the rough covid

affected months. However Covid has changed the way we do business - the restaurant dine-in capacity has gone down and large focus has been on take-always and deliveries.

6. What has been the most happy and proud moment for you, being an entrepreneur.

We served the Indian cricket team in 2016 and 2020 when they played at Canberra and the women's cricket team in 2019. These were proud moments for us.

7. How do you keep your staff motivated?

The team draws its energy from the leaders. Staff is self motivated of the energy is positive and the attitude is passionate.

8. How do you advertise your business?

We use Facebook a lot. We also use local media channels like the Indian radio.

9. Can you describe your typical day as an entrepreneur?

Jewel runs lunch and dinner so a typical day is from 11am - 2pm and 5pm-10p. The Breizh cafe runs from 9am - 3pm.

Our days mostly start at 7am and doesn't end till late evening.

10. If you had one piece of advice to someone just starting out, what would it be?

If your dreams don't scare you, they are not big enough! Taking the risk of following your dreams and failing is better than the regret of not trying.

11. To what do you attribute your success?

I attribute our success to Lord almighty and blessings of our elders and teachers followed by a passionate attitude.

Interview of Ms. Shruti Rozario

-Jasmine Donoghue
Alumni 2018-21

HOW IT ALL STARTED.....

Lockdown.....LockdownLockdown.....

This word has literally changed each and every individual's life in the whole world. The Covid 19 pandemic has been physically, mentally, emotionally and financially straining for the people from all levels of the society. Everyone was under the clouds of fear of being affected by the virus. Everyday was a new challenge and every activity a new adventure. It was difficult to be at mental peace hearing to all the negativity and situation around.



Amidst all of this the most enjoyable or we can say the positive part was that, first time in many years everyone was home at the same time and did many household chores together, all of this was fun for some days after which it was frustrating. Me having no college and getting bored at home, I started racking my brain so that I could do something productive. And this is where the idea of House of Cakes and Breads (HCB) originated. My friends and family always appreciated my baking skills and the different baked goods I made. Also me being a student and aspirant of bakery and confectionery was a strength. Taking into consideration all this I thought that the lockdown was a great opportunity to begin with this idea of home baking that I had., because all the well known cake shops, restaurants, bakeries were closed and people still wanted cakes, pastries, breads etc. to celebrate special occasions. Gathering all the strength and motivation I decided to start but there were many obstacles and difficulties due to the lockdown like procuring ingredients and equipment's, safe delivery of products and space etc and as time passed and the lockdown was lifted with some restrictions of timings, rules and regulations, I made a decision to begin.

We having a big family and an elaborate friend circle, I started receiving many orders in the initial stage itself as everyone has some or the other occasion to celebrate, and also no one needs a reason to binge on to cakes and cheesecakes. Slowly and steadily people started liking the products and appreciating, this brought us new customers due to word of mouth publicity. As the venture gathered a little momentum we introduced new range of products and customized products. We also created social media handles and a website for better marketing. Today I am are very happy to say that House of Cakes and Breads has some loyal customers who really appreciate, motivate and inspire us to serve better each day. While doing all this our main motto is to never compromise on quality.

I would also like to share that the biggest thing that I learnt through this entire process is that obstacles are meant to be overcome and we have to face it and customer focus is very important. Innovation is a never ending process for being in the game. In the end the only thing that I would say #always happy to serve you @The House of Cakes and Breads.

Swaraj Sutar
Alumni 2017-21



INTERVIEW OF LES CLEFS D'OR CONCIERGE

Mr. Satish Gaikwad

Chief Concierge
The Taj Mahal Palace
The Taj Mahal Tower, Mumbai

Q1. How would you describe your journey with The Taj?

I started as an apprentice in the year 1995 at the TajMahal Palace as an Food and Beverage Trainee. Further I, moved to bartending and guest services. In 2003, I headed the butler service later joining the Concierge. The hotel has been my home for the last 25years .

Q2.What is your typical day as a Concierge?

My typical day as a concierge begins with assessing what's happening in the hotel. The concierge is a key person who keeps everything in order for the guest right from pre-arrival, to his stay, departure & post-departure. The concierge functions as various departments if needed eg- Housekeeping, Guest relations etc to give a refined experience to the guest. He is a person who does multi tasking and is able to respond and answer to the guest questions.

Example- Where do u get a chocolate fondue?

Mr. Gaikwad jokingly says that he is no less than Google.

Q3.How would you describe your guest?What are their typical needs and expectations?

I would say that my guest come in all shapes and sizes. Some of them are here for business trips, Leisure, Short trips. There are guests who are fussy, arrogant and some are very sweet and friendly. A typical need of the guests depends on the kind of trip he's making. In case of a business trip we usually get a request of getting a photocopy of some documents, getting a laptop charger, if he's a leisure traveller we get requests such as the guests wants to see TajMahal,Agra or he wants a Yacht trip. The needs can range from being be minuscule (ex- getting a safety pin) right up to arranging a helicopter ride for the guest.

Q4.What is the most challenging aspect of being a concierge?

There's nothing challenging as such but I would say one needs to be on his toes all the time around the guest. A concierge represents the hotel so knowing every detail about the city, hotel, events, country is very important. One should be well versed with the product that he's trying to sell to the guest. Also having passion in what you do does not make your job challenging.

Q5. What is the most unusual request you have ever received from your guest? How did you handle it?

I remember a couple from London, England who was here for a trip. The couple was so thrilled by the Indian culture that they wanted to get married according to Hindu tradition. So I and my colleagues arranged everything right from the Pandit to getting a mangalsutra, the saree for the bride ,sherwani for the groom.

The guest was so happy and they threw a grand party at the hotel for the staff.

Q6.What all skills are needed to be recognised as a Les Clefs d'Or Concierge?

A Les Clefs d'Or is a is an exclusive international association of professional hotel concierges. Les Clefs d'Or Concierges are distinguished by the golden crossed keys worn on their uniform lapels. They are considered providers of extraordinary service, and consistently achieve high levels of guest satisfaction. To be a Les Clefs d'Or you have to be a concierge for 3 years after which you can apply. There are a set of interviews and exams that are conducted to be recognized as a Les Clefs d'Or. Currently

there are only 4200 Concierges who hold the golden keys.

Q7.What is the most difficult challenge you faced in your hotel?

The most difficult challenge that I faced was gaining the confidence of the guests after the unfortunate 26/11 terror attacks. Making a guest feel safe was the most difficult task at that point of time.

Q8.What makes you happy in your job?

Seeing my guest smile makes me happy. Also working with different people learning their culture celebrating festivals with them makes me happy. Having a great healthy and friendly relationship with your colleagues also plays a vital role.

Q9.What is the key to success while communicating with the guests?

While communicating with the guests one needs to be confident, you should have the knowledge of what you are trying to sell to the guests. One needs to be polite understand the needs and wants and act accordingly.

Q10. Do you think COVID -19 is going to affect future tours in the city/country? And how do you plan on tackling these problems?

COVID certainly has a major impact on Tourism Industry. But since the pandemic there has been an increase in the domestic tourism. Future tours may not be affected if necessary precautions are taken but right now we can't say anything until the government issues the rules and norms that will have to be followed. Tackling these problems can be done by assuring the guests

that even if they travel they will be in safe hands. This can happen only if you have a great relationship with your guests.

Q11. What all things do you take into consideration while planning a tour?

A tour is planned according to the guest preference, we do give our inputs as concierge because we know the ground reality better than the guest. Things that I consider is the time constraint of the guest, the travel time, the distance from the hotel to the nearest sightseeing points. You clearly don't want your guests to experience discomfort. The planning of the tour depends on the kind of trip the guest wants whether it's a business, leisure, a solo holiday etc.

Q12. Being a Les Clefs d'Or Concierge, has it changed your life professionally as well as personally? How?

Yes, it certainly has changed my life professionally as well as personally. If we talk about the professional aspect of it, I would say that I've met a lot of people from different cultures, backgrounds. I have learned about their culture, their style of work. Also I get recognized by the guests every time they come to the hotel and you always feel nice if you are recognized. I have also grown into my own shoes while working as a Concierge.

Q13. Being a concierge do you get to travel a lot and meet new people?

Yes I travel twice a year for a conference where other concierges from different countries are invited. I have travelled to the

UK, Canada, USA, Australia. Travelling and meeting new people and increasing your public relations is always a great thing to do.

Q14. Can you share an example when you thought out of the box and how did it help the guest?

We had a British guest once who was a car enthusiast. He had seen an old Mercedes Benz model while he was on Marine Drive. He wanted to purchase a similar model and asked the concierge to look for it. Finding such a rare model in India was next to impossible. But luckily we got to know about a car auction near docks the same weekend and I asked the guest if he would like to visit the auction and have a look at all the other cars that are being offered by the auctioneers. The guest agreed and visited the auction and ended up buying a 1950 Ford for himself and later we had to ship it to England, but that's a different story.

Q15. What message would you like to give to students who wish to pursue a career in Hospitality?

I would say invest your time into knowing what this industry can give you in return. Hard work is the key to success. If you work hard for the first 15 years of your career you can easily flourish in what you do. But this industry is all about the way you talk, the way you represent yourself and the way you work.

By-Manas Paranjpe
Alumni 2018-21

Snippet's from the deity – LGBTQ+

Lesbian, Gay, Bisexual and Transgender. Over the past decade, LGBT people have gained more and more tolerance and acceptance in India, especially in large cities.

But in villages and countryside the situations are a lot worse, they face torture, abuse, discrimination, violence, because of who they love, how they look or who they are. In one of the private hospitals in India, people believe that "Torture & Hypnotism as" CORRECTIVE THERAPY" for LGBTQ people helps to make them normal. One of the many such incident has happened and has been reported by the person of this community quoting 'Aryan (fictitious name) was first taken to a psychiatrist, an expert in 'straightening queer traits', some two years ago. The elderly doctor promised a simple treatment, but what the 24-year-old underwent at the hospital was nothing short of a nightmare. Aryan says he was totally traumatized after the month-long therapy that involved hallucinogenic drugs, hormone injections, and continuous exposure to porn.

"Later, they told my parents that I have been rewired as a 'MALE' and they took me back happily. I was too scared to speak then and even today the memory sends shivers down my spine," he says."

And to go by the accounts of several others, it is no stray incident as many private hospitals in the State use primitive and unscientific methods to cure gender dysphoria. Despite the government and many NGOs trying to support the LGBT (lesbian, gay, bisexual, and transgender) community, these hospitals function in many districts breaking all protocols of psychiatry and subjecting the patients to everything from physical torture to hypnotism.

Nonetheless, most LGBTQ+ people in India remain closeted, fearing discrimination from their families, who might see homosexuality as shameful. Discrimination is still present in rural areas, where LGBT people often face rejection from their families and forced opposite-sex marriages.

Being L, G, B or T is not a 'problem', nor is it a 'choice' as such. LGBTQ+ individuals are merely individuals who have sexual preferences that differ from what would appear to be the 'norm', due to differing learned behavior's and, having a personal perspective and mindset that differs from everyone else's.

There are more than 10 types of sexuality humans have namely: Bisexuality, homosexuality, heterosexuality, pansexuality, polysexuality, asexuality, gray-sexuality, demi sexuality, androsexuality, gynosexuality and many more, saying that it's objectively wrong for people to have sexual preferences that differ from the norm is in itself objectively wrong itself.

Some orthodox might say that this type of sexualities are not present in any of their god's or in texts of Dharma Shastra or dharma sutra.

Well, according to the religious texts, God changes gender constantly: Every god has a female Shakti: thus Vinayaka has Vinayaki, Varaha has Varahi. Shiva becomes Ardhanarishwara, or

half a woman, to make the Goddess happy. He becomes Gopeshwar – milkmaid or cow-girl form of Shiva – to join Krishna in the raas-leela. When Kali decides to become Krishna, Shiva takes the form of Radha, as per Baul traditions. Vishnu becomes the damsel Mohini to enchant demons and sages. In Tulsidas' Ram-charit-manas, says that- God loves all creatures: plants, animals, males, females and queers (napunsak).

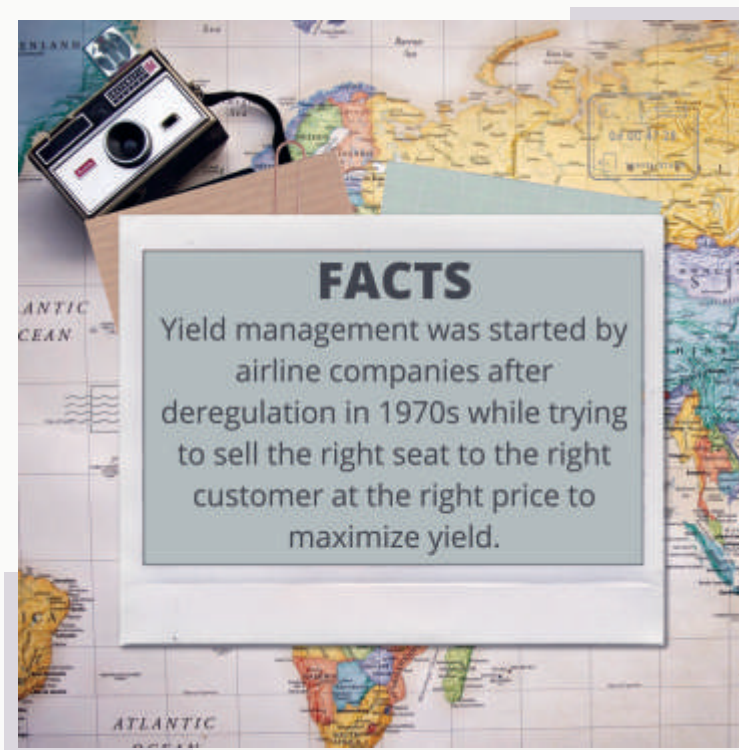
To sum it up, the respect and dedication we give to all the gods should be displayed with every human irrespective of their gender and their sexual preferences.

We all are a little fragment that god has created and each breathing or dead is part of the supreme lord.

Every human being living in this world normal or abnormal, has equal rights to live without any judgements and with full respect.

Thank-you

Tushti Makwana
SYBSC-1



SOLITUDE

Just like the seasons,
Perception, changed.
Just like the rain,
Emotions, poured.
Just like the sun,
Everything was bright,
& when the wind touched my skin
I felt alive,
For the state that we're in, has left us lost in our minds.
Happy, I am
For finding peace in solitude.
Grateful, I am
For family and friends.
Hopeful, I am
That this solitude will end...

Jasmine Donoghue
Alumni 2018-21

WHAT THIS LOCKDOWN TAUGHT ME

COVID - 19

LOCKDOWN

Warning!! This is purely my experience and ideas... Ha haha you might have had different ideas and experiences. Yes I'm speaking of the dreadful lockdown period that everybody spent in the blistering summer. So what happened in these days was something I look back and am trying to put it down in this short space hoping that each one of you do try to see the same mirror that I do. Of course you can see a different one, no compulsion.

One of the few important things that I got was to spend quality time with my son and nephews. We were able to sit on the terrace and spend time in chatting about various topics ranging from the universe, space travel, food, cricket, Indian Armed Forces and yes ideas of their future. We were able to get down to playing games which were stacked up in the drawers, cabinet and behind cupboard's like UNO, cards (badamsatthi, gulamchor, mendikoot), carrom, a floor game using cowrie shells (kaudi), game of life, sequence and some more. But how long could we keep doing this? Human's right!! A month and a half and we needed to look into new things to keep everyone busy. Ah!! I forgot to mention, PUBG got official entry to my kids phone.

The next thing I realized that things have slowed down drastically and it has provided opportunity to look into matters that were long pending. I was able to do certain repairs and maintenance at home with ideas out of nowhere. There was no one to help you out, you were on your own. Media played an important role here too, either videos were available or some friend or expert was able to guide you in getting things done the right way.

It was also noted that the chef in me sprang up to life all of a sudden. Well, that was not the case only with me but with most of them. All kind of food experiments were being done at home and every odd day I was finding my son clicking photos and putting up on social media and in response his friends used to do the same. It is important to learn that we were able to create the most simple but tasty preparations with basic ingredients that we have at home.

There were many other things that I would like to pen down like realizing the importance, taking care and appreciating nature, health regimes, speaking to long lost friends and relatives, changes in education system, work from home (WFH) culture but while concluding I would stress particularly on the boom in the use of internet. It proved to be one of the most vital requirements for all during this lockdown period. There was a tremendous surge in the requirement of internet connectivity with downloads, video conferencing, e-commerce, live streaming topping the charts. 'Hats Off' to the people / company / agency / ministry who made sure that there was connectivity available through out this period. There might have been certain hiccups but there were no major breakdown in the network infrastructure.

Hope these words rekindle your memories of the lockdown and you see the same mirror as I do.

Mr. Sunder Shrinivasan



FOOD STYLING

Mr. Shailendra Darekar



Food styling, is an art of twiddling with food and food arrangements so it's appealing,

delicious, and fresh. Food styling is nothing but 'plating food for filming'. One can't be a food stylist if one lacks the imagination of elevating pictures to a different level just by adding an ingredient to the frame or just by shifting crockery. The very base or foundation of food styling involves using the freshest and therefore the prettiest of food available. It is the usage of food in the best manner to make it pleasing to the eyes.

Food styling is what assures that the primary impression of your food on your audience is usually the simplest and therefore the most beautiful. If you're a restaurant, you'll hire a food stylist to offer a splendid makeover to your menu which can assist you to increase your online and social media presences. Not only this, your food will look more visually pleasing and there's nothing wrong in making your customers want to return back for more. Food Styling is additionally helpful if you're a chef. Learning some styling tips will always keep you ahead in your game.

TIPS ON FOOD STYLING FOR BEGINNERS

• **USE INGREDIENTS AS PROPS-** Using ingredients in pictures are an excellent indicator of what goes within the recipe. Position your ingredients in such a manner that folks can tell that the cake uses the said ingredient without even watching the cake.

• **ADD DEPTH IN YOUR PICTURES-** Whenever you're styling an image, keep all the ingredients at different and varying distances from the camera. If you finish up placing them within the same line, your frame will look very flat. But once your elements are at different distances, you add tons of depth to your frame.

• **ADD HEIGHT-** Add elements of various heights to chop and avoid having an uneventful and a rather flat finish to your picture. Experiment with the length of your dessert to the length of your props- from ingredients to crockery.

• **USE the right FABRICS-** Use your fabric correctly or it can find yourself looking too overpowering. Use linen, which may progress, fold or curls, easily as you would like.

• **USING the proper PROPS-** Props can literally make or break the frame. Always remember that your dish is that the star, the lead protagonist of the image and therefore the props are only and strictly the supporting actors. Confirm your props aren't too big and neither too shiny because they're going to take away the attention from your dish.



CROSSWORD

FUNCTIONS OF HOTEL FRONT OFFICE

S T R A T E G I E S B L K J X I A X T I M E L Y
 B R T K L T W D B O M V Y P T H T P Z E K A P U
 Y D Z S R V I M O Q S Z L U C I N O R T C E L E
 J W K L O O T K S T E R Y E C N A V E L E R M Q
 L L N R F S I P T E T E P U N U J G O G M Z Z E
 H C A H O N Q N N T T S U D R S A L E S O M U N
 O L L N G E F K U D L E R S V P U A N F D N V T
 U S G O O P U K O Z E R E T E B L K D W G F R E
 S Q M I C J N D C S M V I C Q R Q O O W F A S R
 E L R T M Z C Q C E E A H Z M C A P O D W E E T
 K I L A H T T I A U N T S E U G W K F T X T I A
 E P E C K R I J H E T I A G N I T E K R A M T I
 E N M I G U O K H R O O C G Z N I X Z B T D U N
 P O C N T S N Y L N T N X L E N N O S R E P D M
 I I O U N D R E G A N A M T X M A N U A L K Q E
 N T N M A B E L L B O Y T B L A U S I V P C N N
 G A C M D Y R I R G Y I E H Y A L Y L I C X Z T
 G T I O N V V R R H R B E V E R A G E S U G O E
 X N E C E W Y S U W I K L R D E P A R T M E N T
 U E R H T T I D U A T H G I N T B O E I K X A K
 L S G G T S X U N O I T A M R O F N I M G I O A
 Q E E W A C D W R V A E V X Z E T E L P M O C T
 J R J V A L E T P Z Z Z S E L L I B G N H E Q K
 V P R J C B Z B D X Y T S I N O I T P E C E R O

Written	Strategies	Relevance	Oral
Manager	Function	Duties	Communication
Beverages	Visual	Settlement	Receptionist
Night Audit	Information	Food	Department
Cashier	Bellboy	Valet	Sales
Presentation	Marketing	Housekeeping	Entertainment
Concierge	Booking	Attendant	Timely
Reservation	Personnel	Manual	Guest
Electronic	Complete	Bill	Accounts



Alone...!

No matter how deep the darkness,
Remember god is above to caress,
The lord's lights are more than infinite,
To burn the evil with just one ignite,
When purity is in your mind and sight,
Blessings are graced upon you with all his
might,
Destiny in the end,
Turns out only by deeds,
For good the light of love and dignity
distinct,
For bad the fire of destruction only to extinct,
Destiny in the end,
Turns out only by deed,
Your prosperity by God shall ascend,
For he witnessed your innocence indeed !!!!!

Lights..!

My utter shyness hides me behind the clouds
When i break my own fog of insecurity
I come out full n bright
My confidence shines
As white as pearl
But you see its the mind
My mood again tries to swirl
N i hide again
Part by part
Till i become invisible
I escape from the eyes of world
Cutting myself smaller n smaller as if with a
knife
Not realizing i am missing out on life
N one fine night
When not a single soul looking up
I miss the sight
When all eyes were up
Then i know how wanted I am
And again i come out to know my fame
To show my name
To know my fame
I come out full n bright
All eyes on me with an excited light.

I Am Done Now....

I am done now
Enough is enough
This mental cage hinders me
I feel myself hung to a tree
I want to flyaway free
Expressing myself totally carefree
Its me and my life
Why should anyone else cut it with a knife
Right now its the biggest fight
I was made aware a bit late of my right !
In front of God I sit
And cry every bit
There is someone who adds more to my
wounds
And tries to control by bounds
All he does every possible toxic manipulate
But unaware of the fact that its God above
who can articulate
My pain my screams all hidden in four walls
And i wait desperate to break those walls
And be blessed with that one purest miracle
By gods grace sent by the humblest oracle...

-Adarsh Borade



HAKKA STYLE VEGAN STUFF TOFU

INGREDIENTS: (Serves 2)

- | | | | |
|-------------------|---------------|----------------------------|---------------|
| • Tofu | – 200 gm | • Soya Sauce | – 3 tsp |
| • Carrot | – ¼ cup. | • Vinegar | – ½tsp |
| • Spring Onion | – ¼ Cup. | • Schezwan sauce | – 1 tsp |
| • Onion | – ½ Cup. | • Water | – as required |
| • Green chili | – 1 no. | • Salt | – As per test |
| • Ginger | – 1 inch. | • Black pepper powder | – 2 tsp. |
| • Garlic | – 4-5 Cloves. | • Cornstarch slurry | – 1 tbsp |
| • Red chili sauce | – 1 tsp | • Coriander for garnishing | |

Method:

1. Put the cloth on tofu and leave it for press for 15 min for soaking the water, cut the tofu into 4 pieces, with the help of butter knife and spoon scoop inside the tofu to make the place for stuffing. Mashed the scooped tofu.
2. For filling heat, the oil add garlic, little ginger, green chili, carrot, spring onion, add little water to cook carrot faster, add salt, pepper, red chili sauce, soya sauce, mashed tofu. Saute it well. Remove the filling and keep for cooling, after it has cooled stuff the filling in the tofu.
3. Add oil in a pan, after heating the oil fry tofu well from all side till crispy.
4. For sauce heat little oil add ginger garlic green chili at a time little onion, add soya sauce vinegar and add the water, salt and paper, after a boil add slurry and switch off the gas, add spring onion and coriander for garnishing.
5. Put the fried tofu in a serving plate and pour the sauce on it from above add fresh coriander leave on top for garnishing, add schezwan sauce.

ADITYA CHILE
Alumni 2018-21



CREAMY SPINACH CHICKEN

INGREDIENTS

- Oil
- Bonless Chicken Breast
- Butter
- Diced Onion
- Garlic Crushed
- Red Chilli Powder
- Heavy Cream
- Chicken Broth
- Tomatoes
- Cream Cheese
- Cheese
- Spinach Leaves

FOR HERBED POTATOES

- Potatoes
- Butter
- Mixed Herbs

Method:

1. In a saucepan, heat oil over medium heat. Season chicken breasts with salt and pepper. Cook chicken for 3-5 minutes on both the sides. Remove from skillet on a plate.
2. Add the butter, onions, garlic and red chilli powder to a thick bottom pan/ kadhai and cook for 1-2 minutes.
3. Add the cream, chicken broth, tomatoes, and cream cheese. Simmer over medium heat for a couple of minutes, whisking until creamy.
4. Stir in cheese and spinach and simmer until the leaves have wilted. Season with salt and pepper if necessary. Return the chicken into the vessel. Serve over a bed of pasta.
5. Par boil the potatoes.
6. Heat a pan add butter add the potatoes and sauté them.
7. Sprinkle the mixed herbs, toss for a while and remove from flame.

BY-MANAS PARANJPE
Alumni 2018-21



STUFFED CHICKEN TANDOORI WITH MINT CHUTNEY

INGREDIENTS

- | | | | |
|--------------------------|---------|--------------------|-------------|
| • Chicken Breast | 1 no. | • Mint | Half bunch |
| • Curd | 50g | • Coriander | Half bunch |
| • Chilli Powder | 10g | • Green Chillies | 4 no. |
| • Turmeric Powder | 5g | • Lemon juice | 20ml |
| • Garam Masala Powder | 10g | • Salt | As required |
| • KasuriMeethi | 10g | • Pepper | As required |
| • Ginger Garlic Paste | 20g | • Processed Cheese | 50g |
| • Food Colour (optional) | A pinch | • Oil | 50ml |
| | | • Onion | 50g |

Method:

1. Cut chicken breast into butterfly shape
2. Prepare a chutney using mint, coriander, green chillies, lemon juice and make it into fine paste.
3. Apply the paste on chicken breast and place cheese. Roll the chicken
4. Prepare a marinade using curd and the spices and apply it to the chicken.
5. Heat a pan place sealed side down and cook 4-5 each side.
6. Cut the chicken into desired shape serve along with onion salad.



SOYABEAN CHILLI

INGREDIENTS

1. 100 grams soyabean
2. 2 medium size onions
3. 2 Capsicum
4. 1 Carrot
5. 2 Green chillies
6. 1 tbs mix masala
7. 3 tbs Maida
8. 2 tbs Cornflower
9. 3 tbs Dahi
10. Salt to taste
11. Garlic
12. Ginger
13. Soya Sauce
14. Chilli Sauce
15. Oil
16. Black Pepper
17. Red Chilli Powder

PROCEDURE

1. Soak soyabean in hot water for 20 min.
2. After a few minute let it cool and remove all the water from soyabean.
3. Take a bowl add soyabeans to it then add maida, cornflour, dahi, red chille powder, add a little black pepper.
4. Mix them properly. and keep it for 20 minutes.
5. Take a frying pan or kadhai add oil to it and heat it well and then add the soyabean with its mixture and fry it well till its golden brown. then remove them.
6. In another kadhai add oil heat it add chopped ginger, garlic. mix them, add chopped vegetables, mix them well.
7. When it is well cooked add mix masala, both the sauces. let it mix for a few min.
8. At last add soyabean chunks to it, mix it well, your dish is ready. garnish it as you wish.

KHUSHAL BHOJWANI
SYBSC 2

SWEET POTATO GNOCCHI WITH MAKHANI SAUCE

INGREDIENTS: (For Gnocchi)

1. Sweet Potato (Boiled and mashed) (100gms)
2. Refined Flour (1/2 cup)
3. Butter (1 tbsp)

(For Makhani Sauce)

1. 1 Roughly chopped onions
2. 1 Roughly chopped tomatoes
3. Ginger and garlic paste
4. Cashew Nuts (5)
5. Butter (30gms)
6. Fresh Cream (1/4 cup)
7. KasuriMethi (pinch)
8. Sugar / Honey (1 Tsp)
9. Indian Spices. (Red chili powder, turmeric, cumin powder, garam masala)
10. Salt

Procedure: (Gnocchi Preparation)

1. Take a boiled and mashed sweet potato, add refined flour and knead soft dough.
2. Apply butter to the dough and knead it again. (Do not use water)
3. Take a small piece of dough, and roll it gently with your fingers.
4. Now take a knife and cut it into 1 inch pieces.
5. Now give it a shape by rolling it on fork.
6. Your gnocchi is ready.

(Makhani sauce)

1. Heat the butter, add onions and tomatoes and sauté.
2. Add ginger and garlic, cashew nuts and all spices and salt. Saute it properly.
3. Add 2 or 3 table spoon of water and let it cook.
4. Now make a thin puree of this mixture.
5. Heat the butter and oil and cook the puree for some time.
6. Add butter and fresh cream to the sauce and cook it.
7. Your sauce for pasta is ready and keep it aside.

(Final Preparation)

1. Boil the gnocchi for 10 min, strain it and keep it aside.
2. Heat the pan, add butter and makhani sauce, add 1 tsp of sugar or honey and pinch of kasurimethi, mix it well.
3. Now add boiled gnocchi to the sauce and mix it well.
4. Add red and yellow bell pepper along with mix herbs and chili flakes.
5. Add grated processed cheese mix it properly, add salt as taste.
6. Serve it hot. Garnished it with grated cheese and fresh cream and coriander.



PRAWN TEMPURA SUSHI WITH ORANGE CAVIAR

INGREDIENTS

FOR PRAWN TEMPURA SUSHI

1. 100 gms Prawns
2. ½ sliced Avocado
3. 1 Chinese Cucumber
4. 2 tbsp Spicy Mayonnaise
5. 1 cup refined flour
6. 1 egg
7. Chilled water
8. Seasoning
9. Oil for deep frying
10. 2 nori sheets
11. 1 cup cooked rice
12. 2 tbsp lemon vinaigrette
13. 2 tbsp sesame seeds
14. Edible flowers

FOR ORANGE CAVIAR

1. 10 grams China Grass
2. 1 cup orange juice
3. ½ cup sugar
4. Cold oil

METHOD FOR ORANGE CAVIAR

1. Soak the china grass in water for 10-15 mins.
2. Heat this mixture in a pan until the china dissolves completely.
3. Add the orange juice and sugar and bring to boil.
4. The liquid will start to thicken, turn the gas off .
5. Fill the syringe with the liquid and pour drops in cold oil.
6. Strain the oil and pass the caviar through water.

FOR PRAWN TEMPURA

1. Heat oil on medium flame.
2. Mix refined flour, egg and chilled water along with seasoning.
3. Prepare a pouring consistency batter.
4. Skewer the prawns.
5. Coat the prawns with flour and dip in tempura batter and deep fry until golden brown.

FOR THE SUSHI

1. Mix the lemon vinaigrette, sesame seeds and cooked rice together.
2. Place a plastic sheet over the mat. Place a nori sheet and spread cooked rice evenly, turn the nori sheet the rice side down.
3. Now place the avocado, spicy mayo, chinese cucumber, tempura prawns and fold.
4. Fold the sushi and simultaneously press with the mat to retain the shape.
5. Cut and plate. Serve with soya sauce.



JASMINE DONOGHUE
Alumni 2018-21

AISSMS DIVA 2022

On the occasion of Women's Day with the great support of Shri. Malojiraje Chhatrapati Sir and the entire AISSMS team we had organized the "AISSMS DIVA 2022" competition on the 3rd and 4th March 2022. The grand finale concluded on 16th March with the award and crowning ceremony for the winners. This was the third consecutive year that AISSMS had initiated this event for the women faculty members and students. The award ceremony was graced by Mrs. Madhureemaraje Chhatrapati and Miss. Yashaswiniraje Chhatrapati. The event was organized through offline mode after the ease of restrictions for the pandemic. The faculties and students attended the Awards Ceremony which was organized at the College of Hotel Management and Catering Technology on 16th March 2022.

On the occasion of International women's day, we have also distributed greeting cards to all the women faculty members and non-teaching members of AISSMS.

A small video was made and shared on WhatsApp. The female faculty appreciated their male colleague for supporting them throughout the year.



DIVA 2020



DIVA 2020



DIVA 2021



DIVA 2022

LOCKDOWN STORIES

Sugar.Butter.Spice



Hello,

I am Omkar Mohan Tarde, a student of Final Year CT. The lockdown period due to the Covid-19 pandemic has been unkind to all of us. I aspired to start a venture of my own where I could serve delicious. Aesthetically appealing and unique dishes. We at 'Sugar.Butter.Spice' dishes put our heart and soul in whatever we make. We assure you that you will get an authentic and filling culinary experience for your money!

Instagram profile [sugar.butter.spice](https://www.instagram.com/sugar.butter.spice).

Thank you!

Homemade bakes



Ojas vivek Godse

A smile with a frosting on it is something which everyone loves...

Home made bakes is a small home bakery offering variety of freshly baked products at your door step. We sell variety of freshly baked products like Cakes, Pastries, Cupcakes, Chocolates, Doughnuts, Jar Cakes, Pizza etc. Our speciality is customised cakes as per clients requirements. We strongly believe in providing our customers the best quality products and service to make their occasion more happy with our cake!!!!



Instagram id - [@homemade_bakes28](https://www.instagram.com/homemade_bakes28)

Game of Flavours

Jasmine Donoghue



Greetings,

Game of Flavours is a start-up that focuses on giving you the best of both worlds, while treating your sweet tooth with desserts we also make delectable savouries. It has been doing quite well with a great response since Day 1. And I believe, that "every accomplishment starts with the decision to try", I hope for G.O.F. to be recognized, so that even more people get a chance to satisfy their taste buds with the delicious food we deliver.



The Cozy Pantry

Malaika Rane

The Cozy Pantry is a home bakery situated in Model Colony, Pune. Here I bake and design customized cakes and cupcakes for special occasions and also simple Cheesecakes, Brownies and other desserts for casual get togethers. I started this venture in November 2020 and the overall response and learning has been overwhelming.

Instagram @thecozypantry_



Grillycious

Shreyas Sandeep Malvade

Grillycious is a food startup which will always serve you Fresh, Clean, Hygienic food also will let you customize your order or it's ingredients as per the requirement of customer. We serve different type of Veg & Nonveg starters and Main course along with biryanis and main course dishes of Maharashtrian Dishes

Instagram ID - xx_grillycious_xx



Mumma & the chicken

Aishwarya Nihichalani

Mumma & the chicken" is an online food delivery/takeout kitchen of homemade non-veg dishes. The main purpose of starting this business is to provide clean & fresh non-veg dishes to the customers after the covid times people have diverted more towards hygiene & home cooked meals.

Instagramhandle : @mumma_andthechicken





Cleaning of plastic in village during NSS Special Camp, March 2022



Masti Ki Pathshala- activities for village kids during NSS Special Camp, March 2022



Medical Camp by Dr. D. Y. Patil Homoeopathic Medical College & Research Centre, during NSS special camp, March 2022



Tree Plantation during NSS Special Camp, March 2022



Visit to Mangalam Vrudhashram during NSS Special Camp, March 2022



Tree Plantation on occasion of International Women's Day celebration



Visit to school in village for cleaning Shramadaan during NSS Special Camp, March 2022

Snippets

- Ms. Chitra Sharma** : We learnt new things.
- Ms. Rasika Shahane** : We are understanding our students more with online teaching.
- Mr. Rahul Bhalekar** : Good in terms of being easy to share maximum knowledge my subject requires in person participation.
- Dr. Rasika Ghumaste** : It was great learning for teachers, we enjoyed too.
- Dr. Arun Sherkar** : Good use of technology.
- Mrs. Reena Dongre** : New avenue of teaching and a different experience.
- Mr. Arun Deokar** : Good technology, we can introduce new things to students and easy platform to share innovative knowledge with the students.
- Mr Sumeet Dua** : The experience has been different and enlightened us in many ways, however it has been a bumpy ride. It has been challenging for students and faculty but we have to make the best of what we can.
- Dr Honey Tyagi** : It was an enriching experience to new teaching tools and methods implemented in online teaching tools and had a great learning experience.
- Ms. Chhavi Sahai** : Online teaching was a jolt for me, as I was a fairly new person to academics and was learning the ropes of the noble profession of teaching. Suddenly in an unprecedented event life as we knew it, changed and online teaching was the norm and inevitable. I like a new driver gradually learnt how to navigate the various bumps that came my way, like how to conduct tests, attendance and talking to screen rather than a room full of students.

The training provided to us was exemplary and equipped us with all tools required to each online. Now I have learnt through experience that you are never too old or too young to learn something new.

Sarika Joshi : In my 11 years of academic experience, I have seen multiple modes of teaching. From Blackboard to Whiteboard, From OHP to PPTs. COVID-19 pandemic gave rise to new mode, Online teaching. Coupled with challenges, confusion and training we got introduced to Zoom, Google meet, MS teams learning. For me teaching a noisy, naught lot is quite interesting and challenging than talking to a screen. Miss those GGGOOOOODDDD MMMOOORRNNNIIGG TTEEAACCHHEERR, now its only, are you there? The bell rings are now replaced by cooker whistles and written chats by Hustle bustle.

Well Learning is a lifelong process

We too accepted the challenge at last.

Time will change and this too shall pass.

Till then, Happy Learning!!!!

Star Associates



Dr. Rajeshree Pol

Dr. Rajeshree Pol has been awarded a PhD In Hotel Management. Title of her research was “To understand the effectiveness of operational training provided to Food and Beverage service department employees in Five star categories hotel in Pune city” Under the guidance of Dr. Suvarna Sathe.



Dr. Prachi Wani

Dr. Prachi Wani has been awarded a PhD In Hotel Management. Title of her research was “ A Study of Impact of Promotional Strategies on Consumer Buying Behavior in Quick Service Restaurants Under the guidance of Dr. Nandkishor G. Sarode.



Dr. Rina Dongre

Dr. Rina Dongre has been awarded a PhD In Hotel Management. Title of her research was “Evaluation of Food waste management practices adopted in Pune hotel kitchens for Environmental and operational sustainability “Under the guidance of Dr. Kalyani Srinivas .C.

Fresh Arrivals



Mr. Sukesh Monga

Mr. Sukesh he has completed his Masters in Travel and Tourism Management, he has been in the Culinary and Catering department at The Oman Tourism College. He has a degree of specialization in Food Safety from High Field U.K.



Mr. Arun Deokar

Mr. Arun has completed Masters in Hotel management & Catering Technology [MHMCT] from Maharashtra state Institute of Hotel Managements and Catering Technology [SavitribaiPhule Pune University]. He is an all-rounder and has an experience of 10years of working in food production. FASTC Trainer in Advanced Catering from FSSAI Delhi& Master Trainer in bakery & confectionery from Ministry of Food Processing Department Central Government.



Mr. Atul Salunke

Mr. Atul has successfully completed BHMCT from Dr. D. Y. PATIL IHMCT Pune in 2010. He has worked for luxurious Hospitality groups like Marriott's [IND], THE LEELA hotels, Accor HOTELS and IHHR [currently Hyatt hotel]. He also comes with great experience of 3 pre openings hotels in and around India from last 10 years.

Fresh Arrivals



Mr. Siddhesh Parab

He has completed his bachelor of Hotel Management and Catering Technology degree from University of Pune. After completing his degree, he Pursued Masters in Hospitality Management from Oklahoma State University. He has a diverse experience in revenue management for about 10 years.



Ms. Meghana More

Alumni of this college, she started her career with The Oberoi Group of Hotels as a Management Trainee in 2016. She got trained in 8 different Oberoi hotels in the renowned cities across India and successfully completed her post graduate diploma with The Oberoi Centre of Learning and Development. She got her posting at Trident Nariman Point as an Assistant Manager Housekeeping. During her work tenure she was also a Certified Departmental Trainer.

Schedule form of declaration Form 1

We, Dr. Sameer Diwanji and Ms. Sapna Sangode hereby declare that the particulars given below are true to the best of our knowledge and belief. Statement of ownership and other particulars about yearly magazine published by AISSMS's CHMCT, as required under Rule No. 8 of the registration of Newspaper (central) rules 1956 form No. 4.

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Principal
Dr. Sonali Jadhav



AISSMS

**COLLEGE OF HOTEL MANAGEMENT
AND CATERING TECHNOLOGY**



55-56, Shivajinagar, Pune - 411 005, Maharashtra, India

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Tel. No.: (020) 25511655, 25521365 | Tele+Fax : (020) 25520488,

E-mail : info@aissmschmct.in | Website : www.aissmschmct.in